

Northwest Missourian

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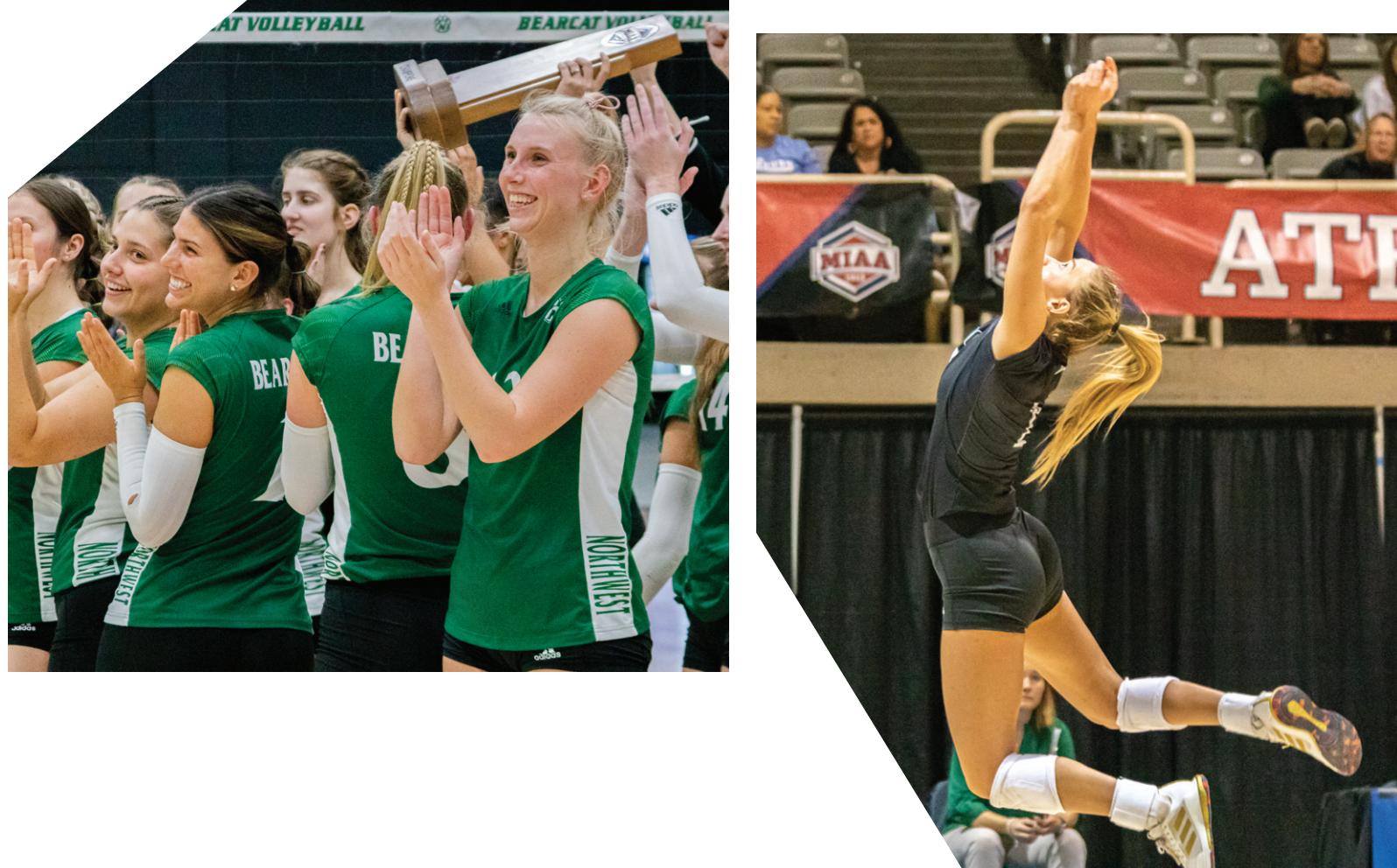
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CRAIG McMULLEN SPORTS REPORTER

Northwest senior midfielder Annelize Aleixo moves the ball downfield past three Washburn defenders Oct. 30. The Bearcats went on to defeat Washburn 3-0 in the quarterfinal round of the MIAA Tournament.



NATHAN SMITH PHOTOGRAPHER

Northwest soccer sophomore midfielder Hannah Stirling and Washburn senior defender Emily Michaelis battle for possession of the ball during the two teams' meeting Oct. 30. The Bearcats ended their season with a record of 13-5-3.



CRAIG McMULLEN SPORTS REPORTER

Northwest senior midfielder Annelize Aleixo moves the ball downfield past three Washburn defenders Oct. 30. The Bearcats went on to defeat Washburn 3-0 in the quarterfinal round of the MIAA Tournament.

Northwest soccer reflects on playoffs, 2022 campaign

CRAIG McMULLEN
Missourian Reporter | @NWMSports

With the end of the 2022 Northwest soccer season, there is a lot to take away as the team prepares for the offseason and its 2023 campaign.

Coach Marc Gordon said there was a lot of maturity and growth from the team after this year.

"I was curious about what we were going to do early on in the season," Gordon said. "We were feeling some pressure trying to live up to expectations of the previous year, and I think it was getting in the way of the team defining who they were going to be and once they worked through that we played differently."

The first month of the season, the Bearcats gave them a record of 5-4-2. One of those matches was against Nebraska-Kearney Sept. 25, where freshman defender Zoie Dible scored her first collegiate goal from outside the penalty box and helped the Bearcats to a 4-0 win.

After a loss to Emporia State Sept. 30, the Bearcats went on an eight-game win streak, shut-

ting out six of the eight teams they faced. The only goal Northwest allowed in that span was Oct. 16 in a 2-1 win over Rogers State. Redshirt freshman goalkeeper Lily Ellis had six shutouts during that month.

With the win streak to end the regular season, the 'Cats finished with a record of 12-4-2 and clinched the No. 3 seed in the MIAA Tournament.

"This team is positive even when we had a rough patch in the first half of the season," Ellis said. "That positivity was needed during the win streak and the run in the postseason."

For the second time in program history, the quarterfinal round of the MIAA Tournament was played at Bearcat Pitch. In the 2021 tournament, the Washburn Ichabods were shut out 5-0 in Maryville, and the Bearcats advanced to play Emporia State in Warrensburg, Missouri.

It was déjà vu this year. The Bearcats defeated Washburn 3-0 Oct. 30 and advanced to the semifinal round to take on Emporia State Nov. 4 in Warrensburg. Northwest fell short to the Hornets in the conference semifinals for the second year in a row.

The conference tournament run, along with the success in the regular season, was enough to get the Bearcats the No. 6 seed in the Central Region of the Division II NCAA Tournament. The Bearcats faced Minnesota State-Mankato Nov. 11 at a snow-covered field in Bemidji, Minnesota. Toward the end of the first half of the playoff match, junior defender Caroline Sanders scored her first goal of the season and was the first goal ever by a Bearcat in an NCAA Tournament game.

The cold game was tied after regulation and went into overtime. The two squads finished the game in penalty kicks where the Mavericks ran away with the win

3-1. The 'Cats finished the season with an overall record of 13-5-3.

Junior forward Kaylie Rock finished on top of the MIAA in assists with 13 and scored her program-best 19th goal against Central Oklahoma Oct. 9. Sophomore Hannah Stirling tied for second most game-winning goals this season with five. Ellis finished in first place in the conference in saves (nine) and shutouts (13), which is also the most in a single season in program history.

All three players, along with senior defender Letycia Bonifacio, were honored on the Division II Conference Commissioners Association All-Central Region team.

"It's amazing to see what we've accomplished this year," Ellis said. "Going into next year, we are going to be in a good spot, and I hope we can make it farther."

Going into the offseason, five Bearcats will be graduating. The senior class includes goalkeeper Grace Goetsch, defenders Bonifacio and Sanders, midfielder Annelize Aleixo and forward Kaitlyn Case.

Eight players have been recruited by the Bearcats. The new faces for Northwest going into the 2023 season include goalkeeper Leyah Scott, defender Chloe Collins, midfielder Makenna West and Xiemen Arnaud and forwards Peyton Anderson, Abby Overbay, Lillie Shaw and Ekaterina Theoharidis.

It will be nine months before the Bearcats take the pitch again for a game, but Gordon said there's plenty of preparation to do before then.

"I want the players to focus on school and recovery," Gordon said. "We will have opportunities to meet with them, start planning spring training and try to continue to grow in the areas that went well for us this season. We can separate ourselves from what we've done and see if we can propel this again."

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WESLEY MILLER SPORTS EDITOR

Senior guard Diego Bernard and junior forward participate in a drill during a Northwest men's basketball practice Nov. 1. The Bearcats started the 2022-23 season 4-0.

Men's basketball uses week off, awaits return to Bearcat Arena

WESLEY MILLER
Sports Editor | @wesleymiller360

The first four games of the 2022-23 regular season are in the books for Northwest men's basketball, and the Bearcats are 4-0 for the sixth time in seven seasons.

After wins against No. 5 West Texas A&M Nov. 5, Flagler Nov. 6, Northern State Nov. 11 and Minnesota-Crookston Nov. 12, the Bearcats are undefeated through their first two weekends. Their most recent triumph against Crookston gave them 15 straight wins, dating back to Feb. 23 in a 77-67 victory over Nebraska-Kearney — the longest active win streak across all divisions.

Coach Ben McCollum said the beginning of the season is a good time to find out what the team is about, and he thinks the team is right where it needs to be.

"We have to score as a collective unit, more so than we have in the past, where you can't just create gravity with one player and play off of that," McCollum said. "Now the gravity is the ability to move the ball, the ability to expose certain things in defenses and put guys in rotations defensively."

One of the reasons for some of Northwest's success is freshman guard Bennett Stirtz. In just his first four collegiate games, Stirtz scored in the double digits in each contest. For his performance, the Liberty, Missouri, native earned the first MIAA Men's Basketball Player of the Week award Nov. 14.

"It's pretty special, but it's one accolade," Stirtz said. "It's not that big of a deal and gotta give a lot of credit to my teammates for that."

The true freshman said it's also helpful that other teams don't have a scouting report on him just yet. He said there's also a lot of newness to him with still getting used to collegiate basketball, but he has a great system to work on it in.

The Bearcats will have a bit more time off than they had between the first and second weekend of games, and Stirtz will have some extended time to continue to become acclimated to Northwest. From its win over Crookston to its first home game of the season Nov. 20 against Truman State (1-1), Northwest will have seven days off.

UP NEXT

NW vs. Truman State

3 p.m. Nov. 20
Bearcat Arena

NW vs. Morningside

2 p.m. Nov. 26
Bearcat Arena

With the time off, it may provide players a chance to recuperate a bit from the two weekends of games, including junior forward Wes Dreamer. While McCollum did not provide any specifics on Dreamer's injury or exactly how long he would be out, at the Northwest Athletics Media Luncheon Nov. 15 he said, "... he'll be back here shortly."

McCollum said Truman is good competition, which is important to be exposed to early so the team is prepared for tough moments later on. He said the week off can be spent resting up or it can be used for improvement, and it'll just depend on how things work out. However the time is used, Stirtz said he's excited for his first action inside Bearcat Arena.

"I'm looking forward to it," Stirtz said. "It should be a fun time. I got some family coming up, so it should be good."

Men's Basketball Points Per Game

83.1 2019-20

59.8

82.8 2020-21

54.1

76.1 2021-22

59.6

81.5 2022-23*

82.5

*Through the games both teams have played so far this season.

TYLER PETERSEN
Missourian Reporter | @NWMSports

Northwest women's basketball started its season off undefeated, going 2-0 at the University of Nebraska-Kearney Tournament Nov. 11-12. Now, the team looks ahead to the Fort Hays State Tournament, where the Bearcats will be facing Colorado Mesa Nov. 18 and Minnesota State-Mankato Nov. 19.

Coach Austin Meyer said it was a good weekend, but the team still has a lot of things to work on.

"I thought we played really well offensively," Meyer said. "The first game, scoring 95 points and being really efficient, we shot it well and played unselfish. We took care of the ball and shared it, but we gotta get better defensively."

In the first game against the Mustangs, junior forward Jayna Green and sophomore guard Molly Hartnett led the way for the Bearcats with 20 points each. Freshman guard Ella Moody added another 18 points off the bench to propel the Bearcats to 95 points.

The Mustangs played a quick up-and-down brand of basketball and Green said that also helped the offensive output.

"I mean, throughout the preseason

Women's Basketball Points Per Game

59.8

54.1

59.6

82.5

INFOGRAPHIC BY SAVANNAH ATHY-SEDBROOK DESIGNER

Northwest women's basketball redshirt freshman Lauren Gillig drives for a layup on a fastbreak in the 74-70 win during an exhibition match against Doane Nov. 1.

Second tournament of season brings Bearcats to familiar site

TYSON ELLIOTT PHOTOGRAPHER

UP NEXT

NW vs. Colorado Mesa

4 p.m. Nov. 18
Hays, Kansas

NW vs. Minnesota State-Mankato

1 p.m. Nov. 19
Hays, Kansas

NW vs. Peru State

1 p.m. Nov. 27
Bearcat Arena

and stuff, we've been focusing a lot on the score part because, in the past, our defense has been really good and the scoring is the part we've needed to work on," Green said. "Southwest Minnesota State is a team that likes to play fast, so I think that gave us more possessions, but we have started to trust each other and the work we put in."

In the second game against the Golden Eagles, the team struggled from the field with a shooting percentage of just 40%, but the defense stepped up and held them to just 58 points.

Meyer said Northwest has improved its bench play in the two regular season games so far this season.

"We've improved, and there's been a little more clarity," Meyer said. "We were doing some things not just with our starters, but people coming off the bench."

Northwest will prepare to head to Hays, Kansas, and face Colorado Mesa and Mankato. Both teams made the Division II NCAA Tournament a season ago, and they're two teams Meyer has never faced as coach of the Bearcats.

Meyer said this is the level of teams they need to face to prepare them for MIAA play.

"It's two really good teams," Meyer said. "You know, we're at a point now where we feel like we need to be playing these quality teams in the non-conference just to prepare us for our league as good as it is, so it's going to be a big challenge for us."

Colorado Mesa is sitting at 0-2, with the second defeat being a 13-point loss to No. 6 West Texas A&M Nov. 11. Mankato is currently 1-0 with a 110-42 point win over North Central Nov. 14.

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Quarterfinals to be hosted in Maryville for second straight year

RIVER BOYD
Sports Reporter | @RiverBoyd5

Maryville football heads into the unknown to face Pleasant Hill Nov. 19 in the 'Hound Pound — this will be the first matchup this season between the Roosters and Spoofhounds.

Maryville coach Matt Webb said in order to prepare for a team the Spoofhounds are unfamiliar with, they do their research to make their opponent familiar.

"It's part of playoffs — you get out of your district, and you're going to see some unfamiliar teams," Webb said.

The 'Hounds (8-3) will have home field advantage, but Pleasant Hill doesn't seem to mind playing on the road, with a 4-0 record away from home this season. Pleasant Hill coach Justin Hamilton said the Roosters focus on controlling what they can and staying in their circle.

"I expect the environment up there to be great," Hamilton said. "Everybody I talk to says it's a very raucous environment, with the tradition they have. We got to stay within ourselves and control what we can."

The 'Hounds and Roosters both earned the first seed in their districts en route to their district titles. Pleasant Hill (10-1) won the Class 3 District 7 Championship 35-7 over Odessa (8-4) Nov. 11, and Maryville won the District 8 Championship over Savannah (10-2) 33-28 Nov. 11. The Spoofhounds have won a district title in three consecutive seasons, and the Roosters have won back-to-back district championships.

Maryville and Pleasant Hill are successful on both sides of the ball, which has led to both squads' titles. The Roosters average 45.8 points per game and allow 17.8 points; while the Spoofhounds score 41.4 points per contest and give up 22.5 points.

3

straight district championship wins for Maryville football.

"We believe in playing disciplined football — offensively we just got to get first downs," Hamilton said. "First downs are going to be a big deal for us come Saturday. Defensively, it's been our philosophy all year that we just keep them from scoring big plays."

Webb said the Spoofhounds need to have a great week of practice and execute the game plan to play well against Pleasant Hill. Like he did before Maryville's first Saturday game of the season against Lutheran North Oct. 8, Webb said he's proud to be able to play on a Saturday.

"We get to play on Saturday — so we get an extra day to prepare," Webb said. "We earned the right to play on Saturday. We're going to play some really good teams. So, yeah obviously they can score a lot and don't allow a lot of points."

Hamilton said the Roosters do a great job preparing during the week, and he makes sure the team has a good mentality on bus rides to help prepare for big road games.

Webb said winning the district championship was very rewarding for his players. The 33-28 win against Savannah Nov. 11 was special, he said. However, for the 10th-year coach, that was just 'playoff football.'

"You're not going to have a high school game with more dramatics at the end — fourth-and-goal, six seconds left a chance to win districts and move on or don't get it then you lose and go home," Webb said. "That playoff environment is special. They worked very hard to get to this point, and it's going to be fun to watch and go out and play against a good team."

UP NEXT

MHS vs. Pleasant Hill
1 p.m. Nov. 19
'Hound Pound



Football continues playoff streak

WESLEY MILLER
Sports Editor | @wesleymiller360

Inside the Carl and Cheryl Hughes Fieldhouse and past the doors of the Hughes classroom, cheering and yelling can be heard from the balcony outside of the room.

The sounds of excitement piercing through the walls of the fieldhouse are products of a room full of Northwest football players, coaches and other staff within Northwest Athletics. Slowly, everyone begins to leave the classroom, but the smiles continue.

Sixth-year coach Rich Wright comes out of the room with one of his own. He, with the rest of the country watching the NCAA Division II Football Selection Show Nov. 13, just found out his team was about to make its 18th consecutive playoff appearance.

"It always feels great, you know, to be in the national playoffs," Wright said moments after the announcement. "We had our backs against the wall from the Pittsburg State game on, and so it was pretty rewarding to see that the NCAA felt like we were worthy to get into the national playoffs."

For Wright and senior defensive tackle Elijah Green, the same excitement felt moments after the announcement continued into Northwest Athletics' Media Luncheon Nov. 15.

Heading into the final week of the season against Emporia State Nov. 12, the Bearcats were No. 10 in Super Region Three. After its 27-21 win over the Hornets, and some help from around the region, Northwest earned the playoff spot.

Wright and Green said being in the playoffs is a big achievement every year, especially after the struggles faced this year. After the 24-22 loss to Pittsburg State Oct. 8, Northwest was in a tough spot for earning a playoff selection with a record of 4-2 at the time. The Bearcats won five straight games to end the regular season to finish with a record of 9-2 to help earn the 18th consecutive appearance — the longest streak in Division II.

Ouachita Baptist averages

305.8

rushing yards per game.

Northwest allows

55.8

rushing yards per game.

INFOGRAPHIC BY SAVANNA ATHY-SEDBROOK DESIGNER

lar season to finish with a record of 9-2 to help earn the 18th consecutive appearance — the longest streak in Division II.

"I think it just shows we're always gonna fight back — battle back — and we're going to figure out a way to win," Green said.

"That's one of the things I'm most proud of," Wright said about the team's playoff consistency. "I've been here for all 18 of them, and that's hard to do. When you play every season with a bullseye on your back, and to be able to maintain a level of excellence to have opportunities to play for something in the postseason every year for 18 years, I think that speaks volume of the program, the culture and really, more than anything, the type of kids we recruit here. I'm very proud of that."

While the Bearcats earned at least one more game, if they are to earn another, they'll first have to go through Ouachita Baptist Nov. 19 in Arkadelphia, Arkansas. Ouachita finished the regular season with a perfect record of 11-0. The Tigers were also the outright Great American Conference champions.

While both teams were ranked in the top 10 in the last regular season Ameri-

UP NEXT

NW vs. Ouachita Baptist

1 p.m. Nov. 19
Arkadelphia, Arkansas

can Football Coaches Association Top 25 poll — Ouachita at No. 3 and Northwest at No. 8 — one of the main focuses will be the run game for both teams.

The Tigers enter the game at No. 4 in Division II for rushing yards per game with 305.8. On the other side, the Bearcats boast the No. 2-ranked rush defense in the nation. They give up a mere 55.8 rushing yards per contest. On top of all of that, when Northwest makes the roughly 532-mile journey to Arkadelphia, it will be the first time the two programs play each other. Wright said it's an exciting challenge to face someone new.

"I think anything you're doing anything outside your box, that's always fun," Wright said. "It's a lot of medicine to drink in one week. Sunday night at six was the first look that I had of Ouachita's offense ever. ... It's a little bit like drinking out of a firehose. ... It's just honing in and finding what we feel like our best fit is."

Volleyball to play in Central Region match

RIVER BOYD
Sports Reporter | @RiverBoyd5

Northwest volleyball is going 'dancing,' as the Bearcats are the No. 4 seed in the NCAA Division II Central Region. This is the second consecutive time the 'Cats have made the NCAA Tournament and the third time overall.

Coach Amy Woerth said the Bearcats making the tournament a habit is one of her goals for the program.

"I think it's something you never get tired of — seeing your name come up on the screen," Woerth said. "From the standpoint of taking each year, taking it for what it is and really being excited for the body of work our girls have done, I think that's really neat."

Junior right side Jaden Ferguson said making it to the tournament for the second straight year is really special for the Bearcats.

"We knew last year was going to be hard getting in — because we hadn't been in a really long time," Ferguson said. "We knew this year it was going to be kind of defending that and making everyone know that Northwest Missouri State is a really good volleyball school and can compete with top teams in the region."

MIAA Player of the Year, junior setter Alyssa Rezac said it is exciting to see the program turn around and start to make the NCAA Tournament a habit.

Rezac said returning to the

UP NEXT

NW vs. St. Cloud State

5 p.m. Nov. 18

Wayne, Nebraska

tournament in her final year is a great feeling.

"To do well with the seniors and to do it with Jaden and Hallie and the other seniors is really exciting," Rezac said.

The Bearcats (24-6) will play the No. 5 seed in the Central Region St. Cloud State (26-5) Nov. 18 in Wayne, Nebraska. This is the first time ever in both programs' histories the two will meet in volleyball.

St. Cloud State might be unfamiliar with Northwest, but it is familiar with being the No. 5 seed as the Huskies won the Northern Sun Intercollegiate Conference Tournament as the No. 5 seed. They won the tournament finals 3-2 against the No. 2 seed in the Central Region Concordia-St. Paul Nov. 13.

Woerth and Rezac said the Bearcats are excited about the challenge of playing an unfamiliar team, especially one from such a tough conference.

"I'm excited to see where we match up against the Northern Sun. There's a lot of good teams over there — excited to play someone new," Rezac said.

The Bearcats have faced eight



TYSON ELLIOTT PHOTOGRAPHER

Northwest volleyball graduate student outside hitter Hallie Sidney attempts a kill in the 1-3 loss against the Washburn Ichabods.

teams they have never faced before this year and have gone 6-2 against them. Those eight unknown teams come from the tough stretch the 'Cats started with to begin the season. At the time those eight opponents played against Northwest, four of the teams were ranked.

Ferguson said they're happy to go to Wayne, Nebraska, as it's only roughly a three-hour and

45-minute drive. They said a lot of players get to go home and have their families support them.

"I wanted to play in Wayne because as a bunch of Nebraska girls, it gives a chance for a lot of our family to get out there," Ferguson said. "That's going to bring out a lot of fans, whether they're from Nebraska, Missouri or Kansas. I think it's a great, kind of central, location for us."

Survivors need more support from men



WESLEY MILLER
Sports Editor
@wesleymiller360

I am sick of it. There's no exaggeration to that statement — I am literally disgusted. Every time I hear or see a story of a woman talking about how she was sexually assaulted or abused in any capacity by a man, I can't help but feel absolutely sick to my stomach.

For those of you who are responsible for making a woman feel like she can't trust anyone, have made a woman feel unsafe and have permanently changed the course of a person's life, there are no words that exist for me to describe how disgusted you make me feel.

A previous staff member of the Northwest Missourian wrote roughly a year and a half ago that men need to do better. This is a statement that reigns true, as no progress has been made: men still need to do better. A statement that shouldn't have to be repeated but will be.

I'm not at all saying just because we're men we have a responsibility, I'm saying as decent human beings we have a responsibility. I don't care in the slightest if they're your 'best bud' since the sandbox, call them out. It doesn't matter if he's the president of your organization, your teammate or if he sits next to you in class. Let the world know.

I can remember one of the first times I ever heard one of my friends tell me their story. As much I've heard stories about sexual violence before, nothing prepares you for hearing it face-to-face. My blood boiled upon first hearing it, but then I came to a realization, "If I'm this upset, imagine how she might be feeling."

I sat there with her. I let her say all she was comfortable enough to say. She thanked me for it, which almost seemed crazy to me. Why should I be thanked for something that should be expected? That was the least I could do was sit there and let her say what she wanted to. I barely even said a word myself, and yet, she was genuinely thankful for it.

I may not understand why a person would take advantage of another, and I probably never will. What I do understand is even the seemingly small things can be worth so much to those who need it.

As men, we need to do a better job of supporting survivors. There's more to it than just a blank, "You go girl." We need to help in any way we possibly can. Efforts as little as giving them a safe place to talk and be heard or driving them to a police station, hospital or support group makes all the difference.

Whether you realize it or not, you more than likely know someone who has been affected by someone else's disgusting actions. Nationwide, 81% of women have experienced sexual assault or harassment one way or another. It could be your best friend.

One of the most important parts to supporting the survivors is not to force them into talking. They just experienced a life-altering event, don't make them talk about anything they don't want to. More importantly, when they choose to open up about it, be there for them. Don't let it slide by and don't ignore them — do whatever you can to help them.

THE STROLLER: Your Bearcat loves their identifications

I thank and praise our Northwest overlords. They have given my life a sense of meaning and purpose. I bleed green, actually, but don't ask me to prove it.

The designations the University has given me has brought me feelings of joy. With my S and 919 numbers, I feel content. Sure, one of them allows me to email my professor at 2 a.m. to explain how my computer suddenly doesn't

work for the assignment that was due three days ago. Of course, the other one lets me login to a secure portal so I can check my midterm grades as if I'm not going to ignore them. There's more to these numbers though. They aren't just a means of function, they're an identity — my identity.

Thank you Northwest for giving me not just one, but two numbers. I can only imagine the S numbers and

919 numbers serve only as a grouping method. With these, I feel like I'm part of something bigger, like an army of 6,000-some soldiers.

My numbers are who I am. I consider those who are one spot above and below me to be my neighbors, my family. There is no taking them away from me. Present and past students of Northwest, we were not brought here for degrees. We're here for a much larger

purpose: war ready, day one.

I've watched Star Wars more than enough times to know how giving people numbers goes. Say the order Northwest, and I'll go to battle for you anywhere. Is Missouri Western first? UCM? Doesn't matter. I'll be ready to go whenever.

The Stroller has been a tradition since 1918 and does not reflect the views of the Northwest Missourian.



ALEXANDRIA MESZ CARTOONIST

OUR VIEW:

Mental health services need to be offered in rural areas

As the leaves continue to change colors and the temperature continues to drop, it's common to see people fall into a seasonal depression. This isn't only impacting students, but people living and working in rural communities who have less access to mental health resources.

As harvest season nears its end, farmers can be left with a feeling of isolation and, depending on how their harvest went, a sense of economic uncertainty. Those stressors and other elements play into the fact that farmers are twice as likely to die from suicide than those working in other job sectors, according to the Centers for Disease Control and Prevention. This isn't a new problem, just one that has since worsened because of COVID, weather disparities and prices constantly changing.

To combat this issue, the Missouri Department of Agriculture launched earlier this year the AgriStress Helpline, a program which supplies free mental health services and resources to farmers and rural families. This is the first step in providing more aid to those who are in desperate need of it.

The majority of the Editorial Board has seen this first hand, and we know the impact that mental health can have on farmers and their families. Accessible resources such as the helpline bring

these people the opportunity to get the help they need. These resources are not only incredibly important but vital.

Farming comes with long days, physically demanding work and an increased risk of being hurt on the job. Fatigue is an obvious outcome from this work, leading to stress and depression. Nodaway County has over 1,800 farmers, so there needs to be mental health services offered to help guide them through the way they're feeling.

Naturally, rural communities are faced with a lack of access to mental health resources. Though this is standard throughout the region, Nodaway County and surrounding areas have made changes toward offering resources for people to take better care of their mental health.

Representatives from Worth, Gentry, Holt, Nodaway and Atchison counties are working together to create a mental health board which will boost access to mental health resources in the region. After seeing the serious need for assistance, leaders in the community are trying to bridge the gap between the need for the services and what options people have to seek help.

The lack of mental health resources, specifically in rural counties in northwest Missouri is being taken seriously, so people should take advantage of the resources offered and reach out for

help. Mental health is just as important as physical health and should be treated so. The helpline, Mosaic Medical Center - Maryville Mental Health Services and other online resources could be the difference in someone's outlook on life and save lives along the way.

The stigmas that follow seeking help for mental health are also undoubtedly a factor in people reaching out for help. The idea of 'sucking it up' is far too common and does too much damage. People are seen as weak or vulnerable when they ask for assistance regarding mental health. The stigma should never outweigh your well-being and should never be a deciding factor.

With the resources available within Nodaway County and surrounding areas, people have more access than what is common for other parts of the state in rural communities. Take advantage of it.

The fear behind seeking help before it is too late is dangerous. There are a number of opportunities for people to find assistance with their mental health, and it shouldn't be seen as a weakness to find support. Nodaway County and other surrounding areas have many options for people to use for guidance when they are having worries about their mental health, so we urge you to use it before it is too late.

YOUR VIEW:

"Do you think it's important to offer mental health services for rural communities?"

SUZANNE ELLIS
Junior
Agriculture Science



ANNE TAYLOR
Junior
Agronomy



"Absolutely, I grew up in a rural community, and I get heavy equipment anxiety... Not only do farmers have the stress of the seasons, you also stress about your cattle, and you stress about your crop."

"Definitely, it's not just the people in the city that have problems with their mental health... Rural communities tend to be people out in the field, so others may not think that those people need them as much."

"Yes, because Ag especially this time of year is stressful, and if you need some time to talk to someone, then that is necessary. I would say it's overlooked, a lot of people struggle without saying anything."

BROCK HEDSTROM
Senior
Agriculture Business and Agronomy



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CRIME LOG

for the week of Nov. 17

Maryville Department of Public Safety**Nov. 13**

There was an accident between **Lauren N. Sommer**, 22, and **Elizabeth A. Ritchey** on the 900 block of North Mulberry Street. **Sommer** was issued a citation for leaving the scene of an accident.

Nov. 12

A summons was issued to **Lucas J. Clark**, 18, for a minor in possession and possession of a fake ID on the 300 block of West Second Street.

Nov. 11

There was an accident between **Carter J. Luke**, 18, and **Sherry L. Hinton**, 50, on North Depot Street and East First Street. **Luke** was issued a citation for failing to yield.

There was an accident between **Will A. Bushman**, 18, and **Mary E. Nelson**, 40, on the 900 block of College Avenue. **Bushman** was issued a citation for careless and imprudent driving.

There is an ongoing investigation for harassment on the 1100 block of North College Avenue.

A summons was issued to **Jayce L. Cox**, 21, for not having a valid driver's license and failure to register a motor vehicle on the 200 block of South Main Street.

Nov. 9

There is an ongoing investigation for sexual assault on the 100 block of South Vine Street.

Nov. 7

There was a summons issued to **Karagen B. Max**, 20, for larceny on the 100 block of South Vine Street.

There is an ongoing investigation for stealing by deceit on the 1100 block of North College Drive.

Nov. 6

A summons was issued to **Dhanush Pothugunta**, 20, for larceny on the 1600 block of South Main Street.

Nov. 5

There is an ongoing investigation for fraud on the 1600 block of South Main Street.

There is an ongoing investigation for a hit and run on the 800 block of South Main Street.

There is an ongoing investigation for trespassing on the 300 block of North Munn Avenue.

There is an ongoing investigation for fraud on the 1600 block of South Main Street.



NAHTAN SMITH PHOTOGRAPHER

Ray Ashbaugh stands by one of his calves at the R.T. Wright Farm. Ashbaugh has worked for the farm at Northwest for nearly 40 years and works as a dairy herdsman. He views all of his calves as his children and enjoys getting to watch them grow.

MO starts mental health helpline

KIERSTEN HELM

Missourian Reporter | @TheMissourian

Agriculture is one of the leading industries in the United States with more than 43,000 different jobs. Within this industry, there has been an incline of suicide rates in rural areas, especially in Missouri. The Missouri Department of Agriculture has created a new hotline called AgriStress to support farmers and the stressors they face.

The AgriStress Helpline is a confidential resource that is free and available to Missouri producers and rural families in need of mental health support. There is a partnership with AgriSafe, a nonprofit organization that specializes in rural mental health care, to ensure that AgriStress will best fit and understand the challenges farmers and rural communities must overcome.

Ray Ashbaugh, the dairy herdsman at Northwest, has been a farmer all his life. Once a history major at Northwest, he switched to agriculture to pursue his passions. He celebrated his 40th year working for the R.T. Wright Farm on campus this past August.

"There are days I can't think of a better career. I love the cattle, the young people I work with and the faculty," Ashbaugh said. "Then there's bad things happen, and you know we lose cows or they get sick and die. You have to have the veterinarian put them down and God, I

just hate it, and you think there's gotta be something better."

Ashbaugh shared how he has heard of horror stories of wives taking the children to the grocery store and coming back to find her husband had shot all the cows and then himself.

The farming industry is an isolated one. Most farms are located further away from not just urban areas, but small towns near them.

"Farmers, usually, not always, but usually, used to be out on their own, by themselves isolated. You're not in town, and you're isolated from the world," Ashbaugh said. "You're out there with your tractor, and your wife and kids have school, and you're just out there by yourself."

A generational farming family from Lafayette County, Missouri, has been an influence in the agricultural industry. Amanda Struchtemeyer, school social worker for Lafayette County C-1 School district, has noticed a traditional conversation happening in regards to mental health.

"When you get into the farming community, that rural community, that man's world, that you're just supposed to handle it. You suck it up, get up and put on your big-boy pants and take care of life," Struchtemeyer said. "Even when things are hard and we see warning signs that typically we would recommend services for someone outside of that community — it's not go-

ing to be well received."

When mentioning mental health, some farmers may take it as a failure on their operation which in turn is their livelihood.

"I know personally, we have people that we know that have had suicidal ideation, and it was from within that community and it's been family conversations and faith based that they have sought resources for foundational support," Struchtemeyer said.

The average farmer is 59 years old in Missouri, according to MODA. Most of the people in this age range are not that familiar with technology, and they may not seek out this hotline.

"You have to keep having these conversations, and you've got to introduce those topics and inform forums where they are comfortable," Struchtemeyer said.

"If you can talk about them at combine clinics or FCS Financial workshops or places they are going already, and the more you talk about it — the more comfortable people become and it becomes a more common conversation."

A survey done by the American Farm Bureau Federation in 2021 showed there were concerning reports from farmers about their mental health. A majority, 59%, of rural adults say there is at least some stigma around stress and mental health in agriculture.

Farming is a career that has many obstacles to overcome.

Some of those obstacles include financial issues, fear of losing the farm, an uncertain future due to weather and economic changes. Half of the rural adults who took this survey all said that these impact the mental health of farmers adversely.

When it comes to this new AgriStress Helpline, farmers will have the opportunity to speak with people who understand mental health and farming 24/7. The crisis support specialist on the line is well aware of the culture, value and stressors that come from within the agricultural industry. The specialists have to take a 3 1/2-hour continued education class called FarmResponse to better prepare them for handling mental health problems.

Warning signs of suicide range from talking about wanting to die, feeling hopeless or having no purpose, talk about being a burden to others, increase in the use of alcohol or drugs, acting anxious or agitated or displaying extreme mood swings and more.

When you begin to notice these signs being exhibited by someone, make sure they aren't left alone, remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt and call U.S. National Suicide Prevention line at 800-273-TALK and/or the Missouri Department of Agriculture AgriStress hotline at 833-897-2474.

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GARAGE

FLORIST
CONTINUED FROM A8

Klocke said she thinks the community does a great job of showing up and supporting its business during this time of the year.

Debbie Dougan is a new employee and is learning design and helps with delivery. She has been at the shop for a year now and this will be her second Christmas open house. Before she took this part-time position, she was a nurse for 31 years.

Dougan explained her first Christmas open house.

"It was a lot of fun. A lot of people came in. It was nice greeting people. It was a totally different setting for me from nursing. I mean, it was more laid back, people were cheery and I help them with ideas for Christmas," Dougan said.

Every year it does something different by coming up with discounts offered for this special event. Last year it had people pick a piece of candy, and each candy had a different percentage off an order. It hasn't picked out what way it will give out discounts this year.

Clapp said she was inspired by a childhood memory to start a Christmas open house in her floral shop.

"I can remember going to Christmas open houses with my grandma when I was a little girl. I came into the flower shops, and I always thought it was so fun. They gave me a little flower, and I always thought that was the greatest thing when I was a little girl," Clapp said.

TYSON ELLIOTT PHOTOGRAPHER
Phase I of the Oct. 11 construction has caused roads to close along South Main Street, causing bottlenecks in traffic during Maryville's busiest times of the day. Phase II will expand on current projects, as well as new endeavors.**CONSTRUCTION**
CONTINUED FROM A8

Once Phase I is completed, the project will move on to Phase II, in which the city received \$16 million of grant money. \$10.48 million from the Better Utilizing Investments to Leverage Development grant and \$5.9 million from the Rebuilding American Infrastructure with Sustainability and Eq-

uity program. Phase II will include continuations of road improvement from Phase I, as well as installing new curb lines, storm drains, water lines and street lights.

"This is one of the most transformative infrastructure projects we've had in the community's history, so we're looking forward to getting South Main Phase I wrapped up and moving on to Phase II," McDanel said.

HOME OF THE BRAVE



DAKOTA WEAVER PHOTO EDITOR
St. Gregory Barbarigo School eighth grader Luke Allen lifts 350 pounds as one of the activities put on by the Show-Me Gold Program, Student Veterans Association and the Missouri Army National Guard from 7 a.m. to 10 p.m. Nov. 11 in the Carl and Cheryl Hughes Fieldhouse.



DAKOTA WEAVER PHOTO EDITOR
Ethan and Ean Pierson wait to get pulled in the Med Sled as a representation of a rescue. They were joined by Wayne and Margret Pierson who are alumni of Northwest Missouri State.



DAKOTA WEAVER PHOTO EDITOR
St. Gregory Barbarigo School fifth grader Rowen Barmann leads classmates as a team to carry another student dressed in tactical gear halfway across the field.

University honors Veterans at celebration

JAKOB PRATER
News Editor I @JakobLPrater

The University's Show-Me Gold Program, Student Veterans Association and the Missouri Army National Guard held a come-and-go celebration to celebrate Veteran's Day 7-10 a.m. Nov. 11 in the Carl and Cheryl Hughes Fieldhouse.

The Hughes Fieldhouse parking lot had some military vehicles on display, including joint light tactical vehicles such as Humvees and larger transportation trucks. A M777 howitzer artillery cannon was also on display. The 15 mm cannon was first used by the military in 2005, and it has a range of up to 25 miles and weighs 7,500 pounds. The military first used the cannon in the Afghanistan War, and the model is currently being used in Ukraine.

Thomas Merlot is the University's International Involvement Center director. Merlot is an active duty reserve in the Army and has been at Northwest for six months. Merlot said the best parts about the Army is the brotherhood and the opportunity for different jobs during your service.

"(Veterans Day) means every day, supporting the people that have done it before you, and ultimately wherever we wear the uniform, we wear it for the right reason — people that have worn it before, and the people that have not had the chance to return," Merlot said. "I think it's super important to be here. It's important to be here for the younger guys. It's important to be here for the older guys. It's important to be here in general."

The VFW had a stand-up at the event, and packets were ready for Veterans to sign up and join the organization. A couple of stands were also on display from the library, telling the University's military history. This included how the University was affected by World War I, World War II and the Korean War. The stand also had a timeline of the Show-Me Gold Program from when Lt. Jack Ptizer visited Northwest and opened the discussion for National Guard programs in 1966 up until Northwest partnered with the Missouri National Guard in 2016, officially greeting the Show-Me Gold Program.

Members of the Show-Me Gold Program were there to help with the stations set up. There were sled relays, a pull-up bar, temporary tattoos for the kids and army helmets, body armor and backpacks on display. Show-Me Gold member Teng Akoi chose to go to Northwest specifically for the Show-Me Gold Program and said that Veterans Day is about coming together.

"It helps us all come together — civilians and people like us in the Army, or Marines, or Navy or Air Force. It's all about coming together. They're giving us respect, and we're giving them respect," Akoi said.

Veteran Joe Furlong, originally from St. Joseph, Missouri, graduated from Northwest and went into the service through officer candidate school. Furlong was stationed in Vietnam by the coast in Qui Nhon from 1968-1969 and said it's wonderful to see the community pay respect to those who served.

"Back in my day, Veterans weren't very well received home.

It's nice to see it's going on now," Furlong said.

Another Veteran was Kristina Martinez, a University Police Department patrol officer. Martinez served in the National Guard from 1995-2001. Her father was involved in the military for over 20 years, including service in both the Korean and Vietnam war. Martinez said the military and police have a special relationship.

"We kind of understand what they go through, they kind of understand what we go through. It's very different, and I've seen both sides," Martinez said. "I was a (Maryville) city police officer when I was in the National Guard, and it was hard to switch back and forth because we have two different missions. However, they're both critical, but it's a different mindset. You're in one or the other."

Interim President Clarence Green was also in attendance. Green said it was an honor to have an event to celebrate Veterans Day and the Veterans themselves.

"I know that Veterans are very

important in our community and helping keep us safe and all that they've done," Green said. "(I have) a tremendous amount of respect for what our veterans have done, the sacrifices that they've made being away from their families to make sure that we're all safe and sound here in the states."

Toward the last hour of the celebration, students and staff from the St. Gregory Barbarigo Catholic School came in to pay respects. Fifty-one students from the school ranging from fifth through eighth grade were there along with their staff. Tech teacher Jamie Casteel said that they were there last year, and the students really enjoyed it.

"I think it helped them to kind of get a better understanding of what it takes to be in the military and the different aspects of it, because they get to do the body carry and check out the ambulance outside and the Humvee," Casteel said. "It's a little bit of everything, plus they get to actually talk to real veterans and get a chance to say 'thank you,' which is important."

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Maryville Florist to hold holiday open house with gifts, decorations for winter season

ALYNA THIBAULT
Missourian Reporter | @TheMissourian

Walking into the flower shop on Main Street, people are met with the smell of fresh flowers, welcomed by joyful workers and a Christmas surprise in every corner.

Maryville Florist has been in town since 1960, and has been giving the community great deals for Thanksgiving and Christmas decoration since 2003. Keitha Clapp was an employee at the shop when she bought the store in 2003. It sells fresh flowers, silk flowers, green and blooming plants, decorations, gifts and more.

"It's a good day, we appreciate our customers, and we have a lot of our same customers that come out every year so we get to see them," Clapp said.

From 8 a.m. to 2 p.m. Nov. 19, Maryville Florist will be hosting its Christmas open house. They will be having discounts, sales, refreshments and prizes. Angie Coleham, the owner of Angie Cakes, will have a table at the event selling sweet treats like cookies, cinnamon rolls and other baked goods.

Danielle Klocke is a designer and has been an employee at Maryville Florist for six years who has worked at many Christmas open houses before. This is her favorite time of year to set up in the shop.

Klocke helps out behind the counter checking people out, and she assists with the designs and decorations on the displays around the store. It starts putting up Christmas items in September. The designs and displays it wants take a couple of months to prepare.

It also has to buy fresh evergreens and poinsettias early in the year and will usually get there the week before Thanksgiving. Klocke said her favorite part of the event is being able to talk to the customers.

"Just getting to talk to people cause sometimes you're in the backroom, you don't really get to chit-chat with people," Klocke said. "But then with the open house, we usually are so busy I have to stay behind the desk and then I get to talk to everybody that comes in."

SEE FLORIST | A6



DAKOTA WEAVER PHOTO EDITOR

Maryville Florist Keitha Clapp decorates the gnome-decorated Christmas tree surrounded by other holiday decorations. Clapp started as an employee before buying the shop in 2003.



DAKOTA WEAVER PHOTO EDITOR

'Son of a NutCracker' sign sits on the shelf next to a stuffed nutcracker. From 8 a.m. to 2 p.m. Nov. 19 the Maryville Florist will be hosting its Christmas open house event.

Main Street construction to remain during cold weather

JAKOB PRATER
News Editor | @JakobLPrater

Many parts of the United States can expect a cold and stormy winter, according to the Farmers' Almanac. Harsh winters can put a damper on all sorts of construction projects, but if things don't get too severe, the construction of South Main Street will go along according to plan.

City Manager Greg McDanel said the construction project of South Main is 70% complete and coming along as scheduled. Although the current construction contract with VF Anderson Builders is set to expire in April, McDanel said there are some winter weather delays that are anticipated, putting completion in May or June 2023.

"They'll be doing a lot of utility work still over the winter, a lot of the underground work can still continue, you'll see a lot of the overhead power poles start coming down. There's a lot of work to be done over the winter," McDanel said.

The South Main Corridor Improvement Project was first conceived by the city in 2012 but was in bureaucratic limbo for several years. Its end goal is to redo the southern entrance into town to make it safer. A traffic corridor study was undertaken by SK Design Group in late 2014 and early 2015. In 2017, the city passed a 20-year renewal option of a half-cent capital improvement sales tax, the majority of the funds of which have financed the project.

The city received funding for the project at the Sept. 7, 2021 City Council meeting. Construction began Oct. 11. Phase 1 of

the project includes trenching utility lines, working on South Avenue, improving the entrance to Walmart and working on electric underground lines. Phase II has included renovations to the street from the north entrance of Walmart to Highway V.

Although there are some things that the construction workers won't be able to do in low temperatures, such as pouring concrete, McDanel said the dropping temperatures shouldn't slow down progress to a great extent.

McDanel said the city will try to avoid pouring out concrete below 40 degrees, but said that while it's securing for a couple of days, blankets can be placed on the drying patches of concrete to regulate temperature.

"We've had 60 degree days in January before so there are weeks here and there throughout the winter where we'll still be able to do some significant work on the project," McDanel said.

Construction will also be completing some asphalt patches on transitions into driveways along the street, as well as fixing potholes and setting up cones to protect the edge of the road — where additional work will be seen. McDanel said there are still a lot of drive entrances along South Main that need to be worked on. Over the next few months, the construction workers will be working on finishing those up as well. When entrances on the east side of the road were completed, such as Walmart and Hy-Vee, they moved to work on the west side, for businesses such as O'Reilly's and KFC.

SEE CONSTRUCTION | A6



TYSON ELLIOTT PHOTOGRAPHER

Maryville vehicles pass by one another driving through construction on South Main Street. Construction continues to bottleneck the road causing constant slow traffic during Maryville's rush hour.



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